

Daily Affirmations- July 2017

Affirmations are short, positive statements of belief and behavior. We use affirmations to change beliefs that led us to destructive, anti-social or addictive behavior in the past.

Affirmations have been proven effective through research in addiction recovery. They are known to help people change behavior and get better results in life.

Affirmations support positive social learning. In social learning, we learn by interacting with others and gaining insight into managing our thinking and our environment.

Affirmations are adopted through engaging in self-talk, journaling, discussing them with peers and by practicing new and more productive behaviors. **Affirmations work!**

Sat	Jul	1st	It works if you work it.
Sun	Jul	2nd	It takes the dark to see the stars.
Mon	Jul	3rd	Live for today. Tomorrow is not promised.
Tue	Jul	4th	It is a challenge to change yet change is always good.
Wed	Jul	5th	Take the "Ile" out of challenge and you have change!
Thu	Jul	6th	God has granted me this day and I will bless everyone I come in contact with.
Fri	Jul	7th	It is not what we are dealt but how we deal with what we are dealt that defines us.
Sat	Jul	8th	Be kind to yourself.
Sun	Jul	9th	You are what you think you are.
Mon	Jul	10th	I find strength in pain.
Tue	Jul	11th	Live every day to the fullest. Keep your head up!
Wed	Jul	12th	It's never too late.
Thu	Jul	13th	Make it make sense.
Fri	Jul	14th	Every day is a blessing so make every day count.
Sat	Jul	15th	I will never forget you or forsake you.
Sun	Jul	16th	It's not what you do, it's how you do it.
Mon	Jul	17th	It's never too late.
Tue	Jul	18th	It's a challenge to change yet change is always good!
Wed	Jul	19th	Everyone is someone special.
Thu	Jul	20th	I leave with you my peace. I do not give to you as the world gives.
Fri	Jul	21st	Live for today. Tomorrow is not promised.
Sat	Jul	22nd	Do not let your hearts be troubled. Do not be afraid.
Sun	Jul	23rd	When you fail to plan, you plan to fail.
Mon	Jul	24th	Let go and let God. Let Jesus take the wheel.
Tue	Jul	25th	The best revenge is living well.
Wed	Jul	26th	Be the change you want to see in the world.
Thu	Jul	27th	Prayers go up, blessings come down.
Fri	Jul	28th	Don't judge your own past, you don't live there anymore.
Sat	Jul	29th	It's never too late to become what you could have become.
Sun	Jul	30th	One step at a time.
Mon	Jul	31st	The only bad thing about being on the bottom is staying there.

Note: These affirmations were inspired by and provided by women residents of Hope Hall.

Please feel free to offer your own favorite or most powerful affirmations.

"Be the change you wish to see in the world" - Gandhi

In Recovery from Addiction? Go to a meeting. Seek strength from your Fellowship & Higher Power.
One Day at a Time.